

# **Suggestions for Preventing the Spread of Respiratory Infections**

April 22, 2003

## **A Checklist**

### **Step 1: Clean your hands frequently**

- ☒ Lather your hands all over with soap and running water after
  - Using the bathroom
  - Eating food
  - Drinking
  - Preparing food
  - Inserting or removing contact lenses
- ☒ Use a waterless alcohol hand cleaning gel *ONLY* if soap and water aren't available.

### **Step 2: Have disposable tissues available for everyone to use**

- ☒ Use a tissue to cover your mouth and nose when coughing and sneezing

### **Step 3: Have waste cans easily accessible**

- ☒ Use a liner in waste cans for easy removal of waste.
- ☒ Wash hands well after emptying waste cans.

### **Step 4: Sanitize surface areas that are frequently touched.** (Examples are counters, railings, door handles, telephones and public bathroom facilities.)

- ☒ Use a household germicide that is approved by the Environmental Protection Agency (EPA) and follow the manufacturer's instructions.
- ☒ Wipe surface areas with the germicide.
- ☒ After applying the germicide, let the surface area air-dry.



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